

HEALTH AND FITNESS TRAINER

Begin your new career in the rapidly growing industry of Health and Fitness. Become a Certified Fitness Trainer, specializing in the Flexercise system at Los Angeles Southwest College. Work as a Personal Trainer or as a Corporate Fitness Instructor. In addition, work with Health Professionals, such as Chiropractors and Physical Therapists, or start your own class as an entrepreneur.

PROGRAM DESCRIPTION

The Flexercise Certificate is designed to train you in the movements of the Flexercise system. You will take classes in nutrition, oral communication, weight training, aerobics, flexibility and human biology.

The Flexercise Certificate program at Southwest College is one of the firsts of its kind in the local area. The Certificate will prepare the student with advanced knowledge of the human body, and specific exercise skills, designed to increase flexibility and strengthen the body.

The Flexercise system is one of the most comprehensive in the nation, focusing on the mind, body and spirit. The Flexercise system will help decrease tension and stress.

PROGRAM OBJECTIVES

Students who complete the Flexercise Certificate Program will be able to:

- Work as a Health and Fitness trainer for a Chiropractor or Physical Therapist
- Work for YMCA's, Fitness Clubs, and Karate Studios

- Work as a Corporate Fitness instructor
- Work for educational institutions as a PE Specialist in after school programs
- Work as a Personal Trainer
- Provide flexibility and conditioning instruction to athletes
- Provide classes for Rheumatologists and/or Arthritis groups
- Provide classes for Cardiac Rehabilitation Centers
- Eligible to join the National Association of Flexercise Instructors

PROGRAM COURSE REQUIREMENTS

The Flexercise Certificate Program requires the student to complete 17 units, which includes fieldwork experience. Completion of all required classes with a "C" or better is required before a Flexercise Certificate can be issued.

PROGRAM CURRICULUM

PROGRAM COURSES	UNITS
PE 97Physical Efficiency	2
PE 98Scientific Physical Fitness Laboratory	1
PE 668Body Dynamics	1
PE 230Weight Training	1
Speech 101Oral Communication I	3
Family&ConsumerNutrition Studies 21	3
Biology 5Introduction to Human Biology	4
PE 285Directive Studies	2
All units are transferable	<i>(see transfer section of college catalog)</i>

TOTAL UNITS

17

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